



CENTRE FOR INNOVATION IN PEER SUPPORT

**Preparing for Employment & Peer Support Certification:
A Reflective Practice & Readiness Toolkit**

PRINCIPLES OF PRACTICE IN ACTION WORKSHEET

Purpose:

This tool is designed to support your reflection on Peer Support Canada's National Certification Handbook and the Practice Standards. This worksheet invites you to explore how your lived or living experience, values, knowledge, skills, and practice align with the National Practice Standards and Peer Support Canada certification process and employment readiness. Use what feels meaningful—this is a personal reflection tool.

Reference: [Peer Support Canada \(2023\). National Peer Support Certification Handbook](#)

Principles of Practice in Action

- **Principles of Practice:** Reflect on how you apply peer support principles in everyday interactions.

Reminder:

The Principles of Practice describe how peer support is carried out in relationships and day-to-day work. Certification requires demonstrating how you apply these principles through your actions, decisions, and examples.

Self-Reflection Questions:

1. How do I support each person's unique recovery journey?

2. How do I build collaborative, trusting relationships with peers?

3. How do I use my lived experience in a way that supports the other person?

4. How do I maintain clear boundaries and role clarity?

5. How do I support connection to resources and community?

6. How do I practice self-awareness and self-care in my role?

Scenario:

1. How would you support the peer in identifying, communicating, and pursuing their self-defined recovery goals when they differ from the priorities identified of the care team?

2. What role does self-determination play when a person's vision of recovery does not fully align with the goals emphasized by service providers?

3. How could you help amplify the peer's voice and support them in communicating their priorities within a collaborative care planning process with the care team?

Relationships, Equity & Lived Experience

Scenario:

A peer tells you they feel stuck and asks what helped you through a similar experience. They then say, "You understand what it's like—just tell me what I should do."

1. How would you use your lived experience in a way that offers hope and connection while avoiding advice-giving or directing the peer's decisions?
2. What peer support values and principles would guide your response when a peer looks to you as an expert rather than as an equal?
3. After sharing your experience, how would you bring the focus back to the peer's own strengths, preferences, and self-defined path forward?

